

50 THINGS TO DO INDOORS!

1. Make play dough, then have a Dough Disco!

2. Paint portraits of everyone in your family.

3. Draw flowers, or whatever is in your fruit bowl.

4. Do some Cosmic Kids Yoga.

5. Open your window and sing out a song.

6. Finger paint

7. Make a band from pots and pans in the kitchen.

8. Have a dance alarm every 30 minutes!

9. Have a karaoke.

10. Teach your family our Days of The Week song.

11. Send a video message to family and friends who are not in your house.

12. Have an indoor treasure hunt.

13. Make cards for everyone at home with you.

14. Make some cakes!

15. Play musical statues

16. Get some material or cardboard and make mermaid/merman tails.

17. Make a dark den and use a torch.

18. Write a letter to a neighbour or a friend.

19. Make paper aeroplanes

20. Learn a Queen song

21. Have a pirate adventure, make boats from boxes or furniture.

22. Make sandwiches in strange shapes.

23. Make a number frieze for the wall and decorate it.

24. Play I Spy

25. Learn a Take That song

26. Be superhero with capes

27. Vacuum your bedroom

28. Polish your living room.

29. Fold up sheets and towels.

30. Make binoculars with toilet rolls and look out the window at the birds.

31. Make yoghurt pot telephones

32. Make a junk model rocket as large as you,

33. Make a paper cache sculpture over a balloon.

34. Play a board game

35. Play hide and seek.

36. Make smoothies.

37. Make finger/ shadow puppets and perform.

38. Choreograph a dance or learn the Macarena with your family.

39. Have an upside down meals day (Lunch for breakfast etc.)

40. Learn to cook something new.

41. Hop round like a bunny.

42. Find as many collections of 10 things as possible.

43. Make a scrap book of your favourite things or people.

44. Have a themed party.

45. Stay up late and look at the stars.

46. Do coin rubbing with crayons and paper.

47. Play pass the parcel.

48. Have a midnight picnic

49. Make a rainbow to stick on your window.

50. Make pizzas and choose 5 toppings.

Mrs Player's recipe for playdough...

spatula or wooden spoon

mixing bowl (about the size you would use for making cakes)

1 cup plain flour

half cup of salt

2 tbsp cream of tartar

5 tbsp oil (any, like sunflower etc)

1 cup boiling water

a few drops of food colouring

glitter (optional)



You can add anything in really, it doesn't have to be food colouring. You can use cocoa powder, I'd add this with the dry ingredients and take a little flour out, so you still make up 1 cup. Lemon juice and/or the rind is also fragrant and great to use up any old citrus in the fruit bowl. Fresh herbs can be shredded, chopped or bashed up roughly and again, add this with the dry ingredients stage.

METHOD

1. Get your bowl and mix together the dry ingredients (add in the dry colour/scent here, such as cocoa powder)
2. Next, add in the oil, give it all a very brief stir.
3. Boil the kettle, now add in the liquid/wet colour/scent with the water so it makes up to 1 cup. I add my food colouring here.
4. Pour the water into the bowl and give it a really good mix, turning it constantly until it resembles a thick bind. As it's quite warm it will be quite stretchy, this changes as it cools down.

If it's quite runny then carefully add a little sprinkle of flour and mix to thicken. Don't add loads at this stage or your dough will be crumbly when its cooled down. You can also get your hand in the bowl and bring it together to finish.

Try crushed raspberries, or anything from your spice jars. Essential oils are amazing, they're relaxing and smell wonderful. Try lavender, jasmine, mint, orange, vanilla!

